WHAT IS CLAIMED IS:

1. An ergonomic data input and control device comprising:

a housing having a grip portion being contoured to conform to a grip of a user's hand, said housing further including an upper portion, a central portion and a lower portion;

at least one click button being positioned on a front side of the central portion of the housing, wherein said at least one click button is positioned on the front side in a position capable of being manipulated by fingers of the user's hand and a rear side of the central portion is contoured to a palm portion of the user's hand;

a cursor control device being integrally positioned within the upper portion of the housing, wherein said cursor control device is positioned within the upper portion of the housing in a position capable of being manipulated by a thumb of the user's hand; and

at least one programmable button being mounted on an upper face of the upper portion of the housing.

- 2. The ergonomic data input and control device according to claim 1, wherein said upper portion is tapered to extend outwardly with respect to said central portion of the housing.
- 3. The ergonomic data input and control device according to claim 1, wherein the cursor control device is at least one of a trackball, a scroll wheel, and an electrostatic touchpad.
- 4. The ergonomic data input and control device according to claim 3, wherein the cursor control device is a trackball.
- 5. The ergonomic data input and control device according to claim 3, wherein the cursor control device is a scroll wheel positioned within and protruding from the upper face of the upper portion of the housing.

- 6. The ergonomic data input and control device according to claim 4, further comprising a scroll wheel being positioned within and protruding from the upper face of the upper portion of the housing.
- 7. The ergonomic data input and control device according to claim 1, wherein the at least one click button includes a pair of click buttons being positioned on the front side of the central portion of the housing.
- 8. The ergonomic data input and control device according to claim 6, wherein the at least one click button includes a pair of click buttons being positioned on the front side of the central portion of the housing.
- 9. The ergonomic data input and control device according to claim 8, wherein said upper portion is tapered to extend outwardly with respect to said central portion of the housing.
- 10. The ergonomic data input and control device according to claim 1, further comprising a power supply for wireless operation.
- 11. The ergonomic data input and control device according to claim 1, further comprising a base docking station, wherein said base docking station is contoured to receive and integrally fit with the lower portion of the housing.
- 12. The ergonomic data input and control device according to claim 1, further comprising a laser pointer.
- 13. The ergonomic data input and control device according to claim 9, further comprising a sensing device integrally formed with said housing for communicating input and control data between the control device and an external host computing device.

- 14. The ergonomic data input and control device according to claim 13, wherein said external host computing device includes a base docking station, wherein said base docking station is contoured to receive and integrally fit with the lower portion of the housing.
- 15. The ergonomic data input and control device according to claim 1, further comprising a sensing device integrally formed with said housing for communicating input and control data between the control device and an external host computing device.
- 16. The ergonomic data input and control device according to claim 15, further comprising a pivoting connector mounted on a bottom, front face of the lower portion of the housing and being connected to a wire to communicate input and control data to the external host computing device.
- 17. The ergonomic data input and control device according to claim 16, wherein said sensing device is an infrared or radio-frequency sensor.
- 18. The ergonomic data input and control device according to claim 11, wherein the base docking station further includes at least one of a click button, a programmable button, a scroll wheel, a trackball, a sensing device, a power supply, and a power supply charging device.
- 19. A hand-held ergonomic data input and control device and a base docking station, wherein said base docking station is contoured to receive and integrally fit with the hand-held ergonomic data input and control device, said hand-held ergonomic data input and control device comprising:
- a housing having a grip portion being contoured to conform to a grip of a user's hand, said housing further including an upper portion, a central portion and a lower portion, wherein said upper portion of said housing is tapered to extend outwardly with

respect to said central portion of the housing and said lower portion is contoured to integrally fit within said base docking station;

at least one click button being positioned on a front side of the central portion of the housing, wherein said at least one click button is positioned on the front side in a position capable of being manipulated by fingers of the user's hand and a rear side of the central portion is contoured to a palm portion of the user's hand;

a cursor control device being integrally positioned within the upper portion of the housing, wherein said cursor control device is positioned within the upper portion of the housing in a position capable of being manipulated by a thumb of the user's hand; and

at least one programmable button being mounted on an upper face of the upper portion of the housing.